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THE EASTERNER

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Photo by Sam Sargeant

EWU quarterback Vernon Adams attempts to find an opening during the game against Weber State on Oct. 5.

Eagles rebound against Wildcats

By Galen Rock
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After a mistake ridden trip to Houston, Texas in week five of the season, the Eagles were looking to find their groove again in the friendly confines of Roos Field, facing an opponent who has been outscored 254-72 in their first five games.

The Eagles did exactly that as they cruised to a 41-19 victory over the Weber State Wildcats on Oct. 5.

Last week against Sam Houston State, the defense, or lack thereof, was the story of the game. EWU could not stop any of Sam Houston's running backs on the ground and gave up big plays through the air, tallying 556 yards in the game.

It was a completely different story for this game. The Eastern defense was able to hold the Wildcats to only 240 yards of total offense and 109 yards rushing.

Throughout the entire game against Sam Houston, the EWU starting linebackers combined for only 15 tackles and the starting secondary had 29. A telltale sign that runners were ripping off huge gains and getting into the second level. Against Weber State, the starting linebackers had 22 tackles by the half.

The offense was also able to get back on track. Vernon Adams who has thrown for 300 plus yards in back-to-back losses, did not have the volume of yards fans have become accustomed to, but he made the most of his opportunities early in the game.

In the first quarter Adams hit freshman receiver Cooper Kupp for scores of 27 and 50. Kupp has seven touchdowns on just 17 catches this season — a touchdown for every 2.4 catches so far. He is also averaging 24.0 yards per catch. He entered the game ranked seventh in FCS with five touchdown catches.

Adams threw 16-23 for 194 yards and found the end zone five times, four through the air and one with his legs.

Eastern was, however, able to double Weber State in offensive yardage, 493-248. They got most of the yardage on the ground. Eastern rumbled their way to 279 yards rushing on 44 attempts. EWU committed to the run and was able to reap the benefits.

"I just think that we just have to keep feeding it [to the running backs]. I was really happy with our balance in Sam Houston. I wanted to make sure I stayed with that balance [tonight]. Toledo is the one game that I go back to as a coach. I wish I had balanced it out more in the second and third quarter [with the passing and running game]," said EWU head football coach Beau Baldwin. "I want to continue to keep that balance, and the more balance we have, the better chance we have for big plays."

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Photo by Sam Sargeant

Demitrius Bronson dives to score a touchdown during the game against Weber State on Oct. 5.

Student-athletes debate about pay at college level

Athletic scholarships not cutting it for some students

By Elohino Theodore
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According to bleacherreport.com writer Dan Levy, there was a time in college sports when scholarships meant a lot.

Levy states that a free or a discounted education with room and board is not enough for some student-athletes. Some student-athletes want more compensation for their performance in competitions. According to Levy, most college athletes get preferential class enrollment, free shoes and sports apparel, and doctors and trainers who are on staff.

Levy also goes on to give another point-of-view of student-athletes getting handed the same scholarship or grant for four years, while the NCAA continues to make billions upon billions of dollars a year.

EWU Director of Athletics Bill Chaves thinks college athletes get a fair break. "I generally hear folks sometimes say, 'Student-athletes should get paid.' I often pause and say, 'Not having potentially any debt when you leave school. I'm wondering is that not getting paid?" Chaves said.

Chaves said there are way too many factors that go into a college athlete getting compensated for their performance. "It might be easy to say 'Pay the student-athletes,' my question is how are you going to do that?"

"How are you going to look at various sports? How are you going to look at the quarterback, versus someone on another team that may or may not be a starter?" Chaves said.

Chaves has heard some ideas floating around on paying college athletes. "I've heard some other ways to potentially do it, and I think the most probably logical one is to take that full-time aid and then also add on what's called cost of attendance," Chaves said.

Not only does Chaves think that is the most logical model, but he is also quick to point out that it still does not address the students on partial aid or without financial aid at all.

The media has also brought this topic out on the table numerous times on television and in newspapers and magazines for debate. In an article by Nancy Armour for the Associated Press, she gives the example of Johnny Manziel being cleared to play football again after he was accused of receiving money for signing autographs. After that, Time Magazine put Manziel on their cover with the headline "It's Time to pay College Athletes."

According to Armour's article, "The NCAA is also facing an antitrust lawsuit from former players who believe they're owed millions of dollars in compensation."

Armour quotes NCAA president Mark Emmert when he explains that there is a tension going on between collegiate and commercial. Emmert explains that this tension has grown because of the amount of money schools make from athletics.

According to Chaves, he also says that him and his peers look at the idea of student athletes becoming paid employees is something that does not seem possible. "My counterparts, 350 others that are around the country, have all indicated that the model of giving someone a compensation, a check outside the realm of their grant and aid, that's not something that folks are interested [in] on this platform," Chaves said.

Chaves believes that the current system that student athletes have works well. "I would probably suggest to you, for 99 percent of the student-athletes across the nation, this system seems to be working," Chaves said. "There seems to be probably a 1 percent that is making some headlines right now."

Visit The Easterner online.

EWU Librarie's annual Oktoberfest will be on Oct. 12 in JFK Library from 5 to 10:30 p.m. The theme of this year's fundraiser is Roaring '20s. More info can be found at ewu.edu/Oktoberfest.

"Glee" guitarist and singer/songwriter Derik Nelson will be performing at EWU's Showalter Hall Auditorium on Oct. 12 at 7:30 p.m. Doors open at 7 p.m. The show benefits the EWU music program.

Homecoming Week 2013 is coming up fast! Various activities on campus, such as the pageant and bed races, will take place from Oct. 14-19. It will end with the Homecoming football game as the Eagles take on the Southern Utah Thunderbirds at Roos Field on Oct. 19. For a full list of activities and locations, visit ewu.edu/homecoming.

On Oct. 11, transferEastern, sponsored by EWU Office of Admissions, will host an open forum for students who are thinking about transferring to Eastern. The forum will take place at EWU's Visitor Center from 10 a.m. to 3 p.m. All those who are interested must RSVP by Oct. 9.

The next home women's soccer match is Oct. 25 vs. Southern Utah at 3 p.m.

Women's volleyball takes on Idaho State at home at 11 a.m. on Oct. 19.

Illustration by Tanner Streicher

Students should be careful in extreme weather.

Despite high winds, tornados very unlikely

By Chris Mudd
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Though tornado-force winds have done considerable damage to parts of Seattle and Puyallup, Wash., this last week, the likelihood of those powerful storms striking here is minimal.

In the event that the area were to experience a storm of that intensity, the EWU police are in direct contact with the National Weather Service, who keep them completely up-to-date with any and all weather information.

"We can't predict, [but] we can watch," said Deputy Chief Gary Gasseling, explaining that when a potentially dangerous weather event is incoming, the department is "completely prepared" to inform the student population as quickly and effectively as possible.

Gasseling went on to advise caution when any strong climate conditions roll into town, and to not let the visual appeal of the weather lure students into potentially dangerous situations.

"Sure, it looks cool, but I don't really have the impulse to run around outside in the middle of a windstorm,"said Sam Hooper of Cheney. "You kind of just learn to keep your head down."

The average wind speed in Washington clocks in at 7 mph when compared to other states in the U.S. such as Arizona, which records an average wind speed of 15 mph. The biggest threat high winds have to Washington is spreading wildfires.

In 2012, the combination of lightning, dry land and wind caused the scorching of over 20,000 acres of land and destroyed 61 homes across Washington state. Containing the fire cost the state more than an estimated $67.5 million, according to estimates from NASA.

As is often the case when dealing with the elements, it is advisable to live within reasonable circumstances and not risk injury by tempting fate.

Recent child luring attempts in Spokane

Eastern Washington Children's Center takes steps to protect children in their care

By Eric Long
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It has been said that it takes a village to raise a child and that is no truer when it comes to protecting one, especially from child lurers.

In the last couple of weeks, Spokane has been hit with four child-luring attempts. Each attempt was reported and police were involved. But this raises a question: how safe are children here on campus?

Sophomore Satori Butler has a 3-year-old son who attends the EWU Children's Center. After hearing the news of the recent child luring attempts in Spokane, she said it feels too close to home.

"My son is so friendly," said Butler, with a look of alarm on her face.

She said her biggest issue is going in to pick her son up and no one being in the front office when she walks in.

"My hope is that someone is at the front desk at all times," said Butler.

According to Kasey Bates, director of the EWU Children's Center, "the key to protecting the children at the center is definitely staff training. We review our procedures annually with all staff."

The center's policy is that children will only be released to their custodial parent or an authorized adult whose name is on the registration forms, when photo identification is presented. Signed consent from the custodial parent and identification must be presented if someone not on the authorized adult list comes in to pick up a child.

Bates said that the staff knows how to respond to anyone they do not recognize or seems suspicious and that the staff has training from the campus police on what to look for and how to respond to intruders or violence on campus.

Eastern is in the process of acquiring a code system to the front door of the children's center. According to Bates, this system will require a code for entry that both parents and staff will know.

According to Deputy Chief Gary Gasseling of campus police, there have not been any reports of child luring on campus that he knows of.

Gasseling advises that students, faculty and guests on campus pay attention and report potential crimes as well as anything else that seems suspicious.

When reporting an incident or suspicious activity, Gasseling urges that all information identifying a possible suspect is given. This includes estimated height, weight and age, any identifying articles of clothing and any tattoos or markings.

Modes of transportation are also huge identifiers, especially in the event of a kidnapping. Be sure to include a license plate number if possible, type of transportation, brand and color.

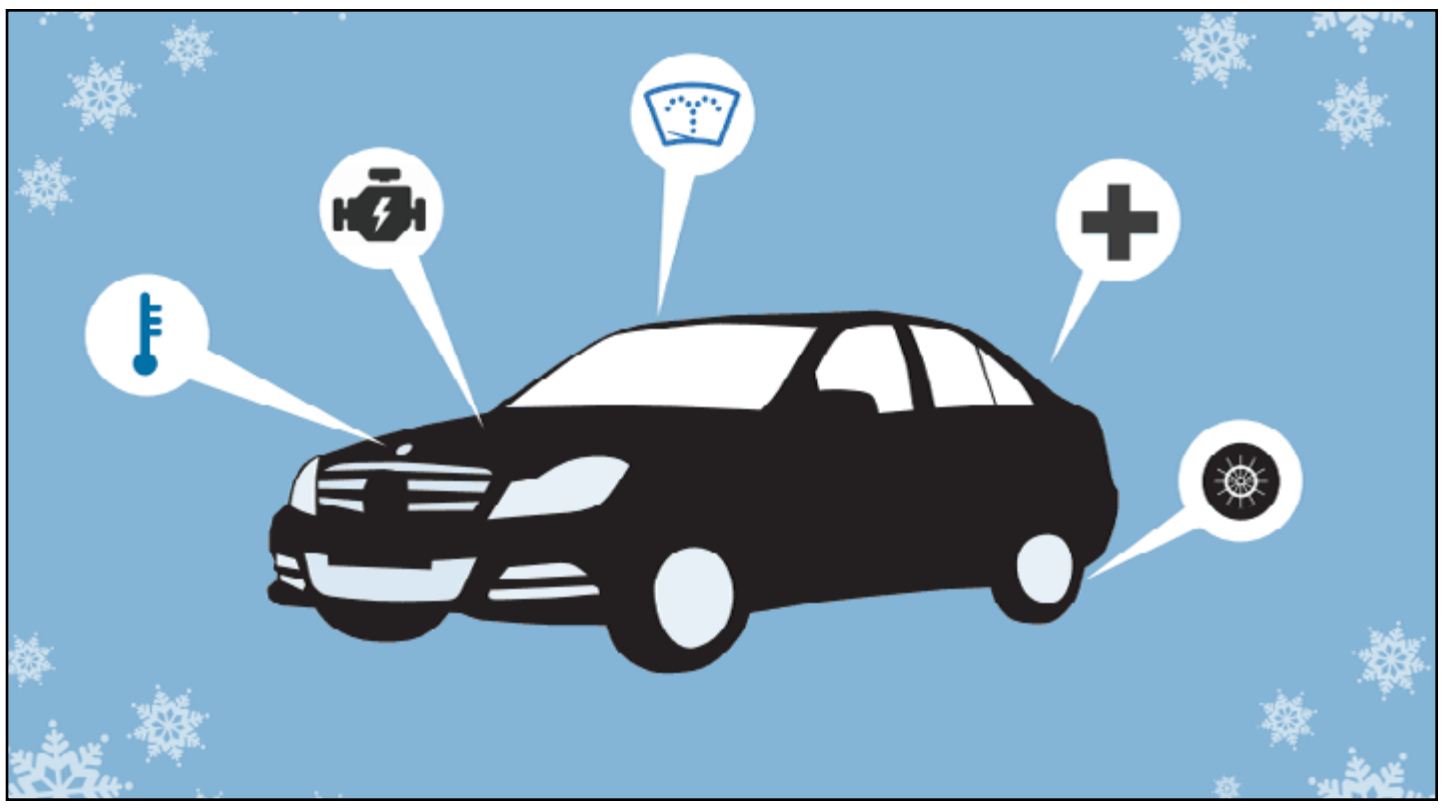
Both Gasseling and Bates said they feel that educating children about strangers is critical to their protection.

"Where it is developmentally appropriate, teachers work with children on stranger awareness. It is important for parents to be talking to their kids about strangers. Parents should be appropriately honest with their kids about what a stranger is," said Bates.

Bates said it is important for kids to know several safe people they can go to if they need help. These people may include police officers, firefighters or teachers.

Gasseling said it is important to teach kids about "stranger danger" and instruct kids to not take candy or other incentives from strangers.

"No, Go, Yell, Tell" is recommended by the National Crime Prevention Association according to Bates. If a child is in a dangerous situation they should know to say no, run away, yell as loud as they can and tell a trusted adult.



Graphic by Vania Tauvela

Preparing your car for the winter months ensures a safe mode of transportation for winter quarter and the holidays.

Prep your car: winter is coming

By Eric Long
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As colder weather makes its way toward campus, now might be a great time for students to winterize their cars.

Chris Gallagher, owner of Cheney Auto Care Center, said antifreeze is important for cars in freezing weather. The right antifreeze can keep engines from freezing and cracking.

The proper windshield wiper fluid is essential as well. According to Gallagher, most wiper fluid sold around the Inland Northwest is already equipped for winter, so students should check the bottle before they buy the cheap brands.

Gallagher said that motor oil is something else to pay attention to. Oil thickens as the temperature drops so students should use proper motor oil for the weather.

Magnesium chloride is used on roads to keep them from icing over, yet this chemical can strip away at the aluminum on cars, according to Gallagher. He advises running cars through the carwash when the temperature is above freezing to wash off the chemicals. If a car is washed while it is freezing outside, water will freeze on the brakes, making the car hazardous.

Ice on the roads can be dangerous if a car does not have the proper tires.

According to Goodyear, tires made specifically for winter are better than all-season tires. They offer more traction for snow and ice than all-season tires. All-season tires are designed for performance and traction in all weather conditions, wet and dry.

Keeping emergency supplies in the trunk in case of a breakdown in the snow can be a lifesaver.

Senior Allison Zubiria keeps tire chains, gloves, an ice scraper and a blanket in her trunk.

Junior Sophie Battershell keeps tire chains and an ice scraper in her trunk as well, but also keeps a sleeping bag, defrost spray, a spare tire, a small gas can, pepper spray and jumper cables.

Items like blankets, gloves and sleeping bags are great for keeping warm in the event of a breakdown. Having things like tire chains, spare gas and a spare tire can be a big help when fighting snow-covered roads.

The weather is getting colder, take these tips seriously and keep safe.

Photo by Anna Mills

Beverly McClellan has performed on many television events and alongside celebrities, such as Cyndi Lauper and Christina Aguilera.

'The Voice' finalist rocks the PUB for Pride Center School Year Kickoff

By Kate Daniel
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"I always knew I was different, I just didn't care," said Beverly McClellan, finalist on season one of NBC's "The Voice," as she prepared to play at the 2012 Gay and Lesbian Alliance Against Defamation awards.

From singing "Girls Just Want To Have Fun" as a child in her grandmother's basement in Gate City, Va., to a duet with Cyndi Lauper on national prime-time television, McClellan has remained proud of who she is and says she wants others to do the same.

A group of about 40 students and staff gathered in the PUB piano lounge Oct. 3 to hear McClellan perform at 4 p.m. Throughout the performance, several passers-by stopped to listen, nodded their heads and sang along. A few even danced as they made their way down the stairs.

Many songs were covers; they ranged from "Purple Rain" and "Tiny Dancer," to "Sitting on the Dock of the Bay" and "Let the Circle be Unbroken." McClellan also played some original selections which she said will be featured on her upcoming album.

The event was part of the EWU Pride Center's back to school kickoff. The Pride Center is a campus organization aiming to promote acceptance and equality for the campus LGBTQIA community.

Sandra Williams, coordinator of the Pride Center, said she had watched McClellan on "The Voice" and was inspired by the artist's story, pride and talent. Thought she would be an ideal candidate for a Pride Center event.

"I saw her on 'The Voice' and I think she's amazing," said Williams. "I think her story is amazing, I think she's got an amazing voice, and then when I discovered that she was out also, it was sort of a bonus."

Williams said that bringing LGBTQIA celebrities and public figures to campus is particularly important because many EWU students come from small towns and conservative communities and may not have had much access to LGBTQIA role models. She said that many students have received negative messages and have been told that they are "not OK."

"I bring in LGBT people — she's an out lesbian — because I think it's important for the LGBT students on campus, everybody, but especially the LGBT students on campus to get to meet people and have them be role models of how you can live a happy, healthy life and still be LGBT because they get a lot of messages about that not being possible," said Williams.

Williams said that she was excited to see an out lesbian in mainstream media.

"It was really exciting for me to have it [McClellan's sexual orientation] sort of be a non-issue on 'The Voice' and for somebody like Christina Aguilera to really celebrate her. And when she sang that song 'Beautiful,' it was really, for me at least, it was really powerful. It was sort of celebrating who she was … That was the first time I'd ever seen anything like that so I was excited to have that here [on campus] and she seems really comfortable and she seems really proud and so those are the kinds of people I try to bring [to EWU]."

According to Williams, she was also drawn to McClellan's message of positivity and acceptance. She said that she hopes that concert attendees will be inspired by McClellan and possibly see a part of themselves in her.

"Beverly's message is about feeling good about yourself and so I think for me, the takeaway would be that somebody would listen to her and see a little bit of themself in her and realize that they have the ability to do what they want to do in life," said Williams. "Young people need to see themselves in somebody … I think she will provide people a mirror."

Williams said that she believes music is an excellent medium for education and enlightenment, saying, "I think there are barriers that you can get through with music."

McClellan said her bandmates forwarded her an email advertising auditions for a new NBC singing competition and dared her to apply. McClellan said she agreed and emailed the agency a video recording from one of her live performances. Later that day, she received a call from the NBC casting agency asking her to officially audition. Soon afterward, McClellan was performing for the first time on national television with famed musical artists such as Cyndi Lauper and Christina Aguilera.

"It was the most adrenaline that I've ever, ever, ever dealt with in my life, in my body. It was like sitting at the front of a very exciting ride," said McClellan, recalling the feeling of performing on television. "You're very scared and you know it's going to be fun but still you're scared. And when you get off you're like 'Oh that was the best thing ever.' That's how it felt because it was like a whirlwind of Hollywood at its best. You know what I mean? It doesn't get any more star-studded than Christina Aguilera."

McClellan has released three official albums to date, but is working on a fourth which will feature The Roots Band which backed up the late Etta James' vocals. This, McClellan said, has been the most gratifying moment in her career.

"Whole reason I went to 'The Voice' in the first place, I wanted to meet Etta James. She passed right after the show. I didn't get to meet her," McClellan said. "But hey, I play with her band. Her band is on my new CD. So, you know, I think that's like the pinnacle moment. I went out on the road with BB King, and hearing stories from him about her, telling me personally 'She would've loved you, Bev.'"

McClellan said that prior to "The Voice," she did not necessarily see herself as a role model in the LGBTQIA community, but said that since the show she has felt a sense of responsibility to promote her message of acceptance and love.

"I live out loud and I never chose to put myself in any kind of closet, man. Ever. Ever. So if I became a role model to people afterwards and, you know, the ones that had seen me being out and proud and on TV [then] by all means, for sure. I stand for that. Freedom. Be yourself. People die in those closets. You know? [That] shouldn't be anybody's story. It's not who you love, it's that you love."

Growing up in a small town with a population of less than 3,000 people, McClellan said she was met with a great deal of adversity and had no support from her conservative, Southern Baptist parents. She said she turned to music and the "outside" for role models, and now hopes to be a role model for others, including those in small towns like Gate City, Va., and Cheney.

"I can say this for kids of small towns: make sure you're friends with everybody, everybody, even those ones that don't deserve it. They probably need it," she said. "Because you're more open than them if you're being loving to someone who is hateful to you. Always show love because then they're going to walk [away] and go 'Wow they really weren't that bad,' you know? And maybe that's how you break the cycle."

> "I always knew I was different, I just didn't care."
>
> Beverly McClellan

Will Stotts and Sierra Vanderhoodt are both seniors at EWU and members of the Pride Center. Stotts said he had never watched "The Voice," but said he applauded Beverly's openness and pride.

According to Stotts, LGBTQIA celebrities who "come out" can have a positive influence on teens and young adults who may be apprehensive about doing so themselves. Stotts said that for teens and young adults, seeing someone who they look up to coming out can give them courage.

"I would say that it's inspiring to see that somebody within my own community is becoming well-known and is succeeding in their endeavors," Stotts said. "Whether or not the public eye is completely accepting, they're still sticking it out, they're taking a stand and they're setting an example for the rest of us, for some of us who are still afraid to be noticeable or to make ourselves noticeable."

Vanderhoodt said that she watches "The Voice" occasionally and found it inspiring that McClellan's sexual orientation was never a factor in the competition. She said it felt great to see another out lesbian woman on prime-time television, and said that it made her feel "normal."

"I'd just tell her thank you because she didn't have any obligation to go on there and talk about her personal life. And I mean there [are] a lot of people who wouldn't [speak publicly about being LGBTQIA] because a lot still goes on," said Vanderhoodt. "To have someone be so comfortable and so strong that they know literally anybody could have watched her perform and heard that she was an out lesbian and that she was comfortable with that … It gives hope to others who maybe aren't so comfortable at that point in their lives, and I mean it gives hope for me even."

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Photo by Sam Sargeant

Terrain 6 showcased 210 works, 103 artists, 10 films and 10 bands on one night in downtown Spokane Oct. 4.

Spokane art event puts spotlight on local artists

By Shannon Bedell
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Terrain 6 marked the sixth year of the annual art event in the Music City Building in Spokane on Oct. 4.

According to Terrain's website, there were over 200 pieces selected from over 700 submissions. The selection process was made by six area professionals, one of which was EWU assistant professor Travis Masingale.

"Terrain offers young people the next step in showcasing their work," said Masingale.

The event allowed over 100 artists in the area the opportunity to showcase their work in a public setting.

"This year, the jury consisted of six area professionals. We were emailed the submissions a few days prior to the selection to have a personal experience with the work. Then we [the six jury members] met and spent about six or seven hours going over the submissions," said Masingale.

There is no set criterion for submissions to Terrain. Pieces submitted included music, interactive art, poetry and painting.

"Artists can submit anything. We are looking for polished craftsmanship that meets design or fine art standards. We really want something that speaks to us and says 'Wow, I haven't seen that before,'" said Masingale.

A few of the accepted submissions came from EWU students and alumni, which included Aaron Bocook, Kiefer Jones and Joe Snodgrass.

"This is my fourth time attending the event and the second time I have submitted a piece. My piece for this year is a TV with a reverse stencil that says 'kill.' I wanted the 'kill' to come through and symbolize how TV has dumbed people down and limited us from reaching our full potential," said Bocook.

However, this was the first time for Snodgrass. Two of his pieces were selected for Terrain 6.

"I submitted some things that weren't accepted for ideological reasons, but I am glad for the pieces that were selected. They were the most conceptual pieces. I have a print called 'Charlemagne Sees the Cross' based off of the story of Constantine seeing the cross and his claim of empowerment from that," said Snodgrass.

One of Snodgrass's submissions that were accepted was a musical piece that was heard during the event .

"The audio pieces are more ambient and experimental. I dabble a little bit and have a record label online," said Snodgrass.

The event also featured a poetry reading by some students in the creative writing program. Other pieces included graffiti art and a theater area showing short films that were submitted.

Photo by Sam Sargeant

EWU student Joe Snodgrass standing with his piece called "Charlemagne sees the Cross" at Terrain 6 in Spokane.

"I have attended Terrain three or four times, but come to hobnob and see friends. I liked the movies they were showing and it was nice to get to sit down and relax," said Justin Abel, EWU alumni and teaching assistant.

This year's event was part of Spokane's First Friday Art Walk and included activities outside the Music City Building including food trucks, shopping and street art.

This year's event was well attended.

"I have actually never seen the line this long at Terrain. Maybe the word is getting out and everyone wants to be here," said Abel.

Issue 2 corrections:

The article "Women's golf swings into new season" was written by Galen Rock; not Elohino Theodore.

The name of the new resiednce hall was misspelled on page 8. The proper spelling is "Snyamncut," which is pronounced as "sen-yam-en-sut."

Easterner Online
On Campus. Online. The Easterner All the time.
The student-run newspaper of Eastern Washington University

Dining services hosts diet forum

Diet forum creates an open space for students to express dietary needs

By Nicole Ruse
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Dining services at EWU hosted a Special Diets Forum on Oct. 1 that was open for students to express their special dietary needs, including allergies, intolerances and illnesses.

Dave McKay, director of EWU Dining Services, said the main goal of hosting these forums is to create an atmosphere for students to speak openly to the staff of dining services about their dietary needs.

"Our goal is to bring the students with the special needs or special diet requests and let them meet and have a face-to-face with the managers from different locations, so that way they can develop that comfort [to converse with them]," said McKay.

According to EWU Dining Services' allergy statement, a food allergy affects the immune system. A protein within a food, known as the allergen, triggers a reaction from the immune system. This causes the body to try and protect itself from the allergen by producing antibodies. These antibodies cause the body to release chemicals, thus causing an allergic reaction.

A food allergy is different from food intolerance, as said on the allergy statement. Food intolerance does not involve the immune system. Rather, it is a metabolic disorder. A natural substance in foods, known as histamine, can cause a reaction similar to an allergic reaction, yet not as severe. Lactose intolerance is the most popular, affecting 1 in 10 people, according to the statement.

Dining services recognizes the eight most common allergens, which McKay referred to during the forum as the "Big 8:" dairy, eggs, peanuts, tree nuts, fish, shellfish, wheat and soy.

One of EWU Dining Services' biggest concerns is the growing number of students being diagnosed with celiac disease, according to McKay.

Celiac disease is an illness that causes people to become severely ill if they digest gluten, which is a "protein that occurs naturally in wheat, rye, barley and crossbreeds of these grains," according to the FDA. It occurs "when the body's natural defense system reacts to gluten by attacking the lining of the small intestine. Without a healthy intestinal lining, the body cannot absorb the nutrients it needs," as stated on the FDA website. Gluten is found in bread, cakes and dough.

There is no cure for the disease, according to Andrea Levario, executive director of the American Celiac Disease Alliance. The only way to manage the disease is through dietary measures.

During the presentation, McKay said dining services is really focusing on gluten intolerance.

"We are spending a lot of time on celiac [disease] and gluten right now. It's one of the focuses because recent studies say that by the year 2020, 9 percent of the population will have some celiac intolerance, or gluten intolerance," said McKay. "Celiac disease is probably the biggest factor in our population that we try and deal with. For society, that's based on flour. It's a severe impact to change your dining styles when this comes on."

McKay claims that dining services offer a variety of gluten-free options at different food locations on campus, such as gluten-free bread, pasta, pizza dough, chicken strips, soy sauce and cereal, just to name a few.

Dining services enjoy receiving recipes from students, according to McKay.

"We got recipes from students over the last couple of years that we are now using. … We got a new recipe for gluten-free pancakes that's really just amazing that one of our students brought to us. … [It was] a good exchange," said McKay.

As for students who are lactose intolerant, or have trouble digesting dairy products, EWU Dining Services has many lactose-free items available, such as almond and soy milk.

Barbara McAfee, manager of Swoop's and Baldy's, claims that the labeling system they use at these dining locations specify if what they are serving contains any of the "Big 8" allergens in it, as well as gluten or soy. She insists students never be hesitant to ask any of the staff members about the food they make.

In a recent statement released by McKay, he said that dining services is eliminating all use of peanuts and tree nuts in their bakeries and kitchens. This decision was made to reduce the risk of cross contamination and to lower the risk of a student, staff member or guest of the university from getting an allergic reaction.

McKay encourages students to know and understand what causes their allergic reactions or intolerances and avoid it. Yet, he says, he understands it is not as simple as it sounds.

"[When] you're dining out every day as you would on campus, you're walking up to a prepared item or ordering something. You don't see the kitchen; you don't see how it was handled," said McKay. "You need to have a certain amount of faith in what we're delivering to you is delivered in a clean and pure [manner], avoiding cross contamination. That's where we rely on our customers, the people with these conditions, to identify themselves, and let us know what they need."

Dining services takes every precaution to ensure that their health codes and ServSafe training is up to date among their staff to avoid cross contamination.

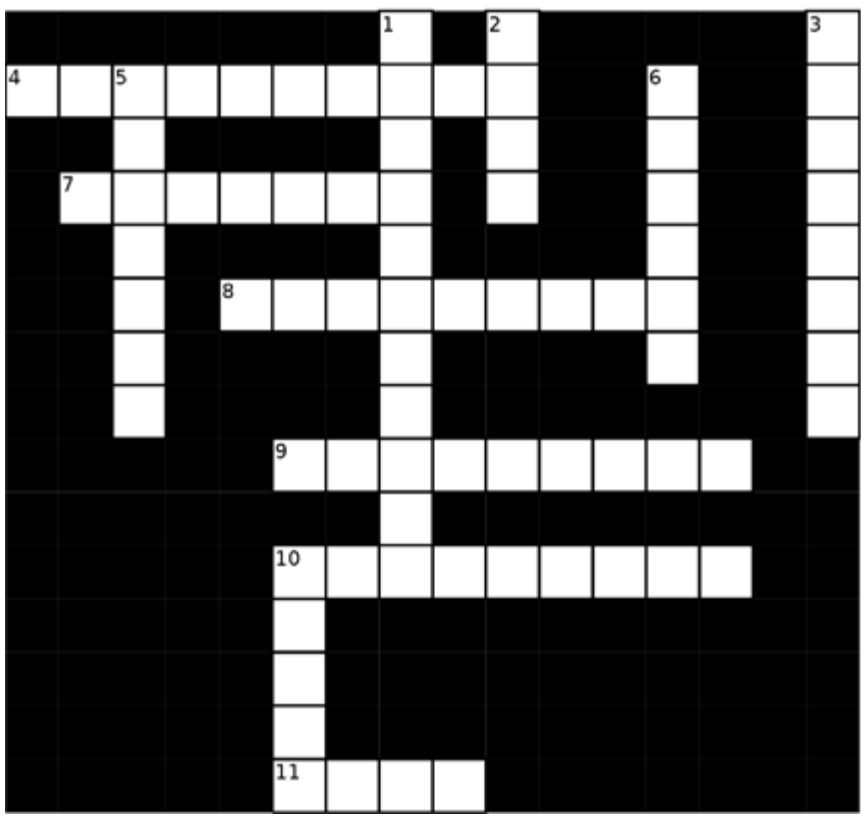
"Ninety-five percent of our professional staff, our classified staff … is ServSafe certified. Everybody goes out and gets their health department license. … They have to take a course and they have to pass a fairly strict test," said McKay. "It's not a cake walk. You have to pay attention."

Ashley Raney, a freshman at Eastern, attended the forum. She was recently diagnosed with celiac disease and wanted to know what her eating options were on campus.

She thought the open discussion with the staff of EWU's Dining Services was very helpful.

"It seems like everyone here has been so helpful. Everyone wants to be able work with my intolerance and be able to help us eat like everyone else with normal eating habits. It's really helpful," said Raney.

Crossword



Across

4. Putting this in your car keeps your engine from freezing and cracking.

7. The last name of the new men's basketball coach who replaced Craig Ehlo.

8. Beverly McClellan was a finalist on season one of this show.

9. What is another name for the Affordable Care Act?

10. One of the "Big 8" foods includes _____.

11. The last time the men's basketball team participated in the __ tournament was in 2004.

Down

1. What team did the Eagles defeat 41-19 on Oct. 5?

2. The number of seniors on the men's basketball team.

3. The city in Washington that recently experienced tornado-force winds.

5. What event occurred on Oct. 4 in the Music City building in Spokane?

6. Someone with celiac disease is allergic to ___.

10. The average wind speed in Washinton state is __ mph.

Answer key can be found at easterneronline.com

The Easterner

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Police Beat

Sept. 30

Theft
Police responded to a burglary call at Patterson Hall. A male stole a drill and a come along tool while intoxicated. He brought them back with an apology note attached.

Oct. 5

Theft
A cellphone was stolen in Dryden Hall. There are no suspects or leads at this time.

Oct. 5

Sexual Assault
A sexual assault occurred in Pearce Hall involving a male and a female. The male was arrested and taken to jail.

Oct. 5

Citation
Police responded to an alcohol call on the ninth floor of Pearce Hall. A male was found vomiting in the bathroom. He was cited and released.

Oct. 5

Minor in possession
A woman was discovered intoxicated and vomiting in a restroom during the EWU football game. She was cited for MIP and released.

Oct. 6

Possession
Another student was cited for a drug violation in Brewster Hall.

Oct. 6

Possession
Two more students were cited for drug violations in Brewster Hall. One student was from EWU and the other was from the University of Washington.

Oct. 6

Possession
Police cited a student with a misdemeanor marijuana possession in Pearce Hall.

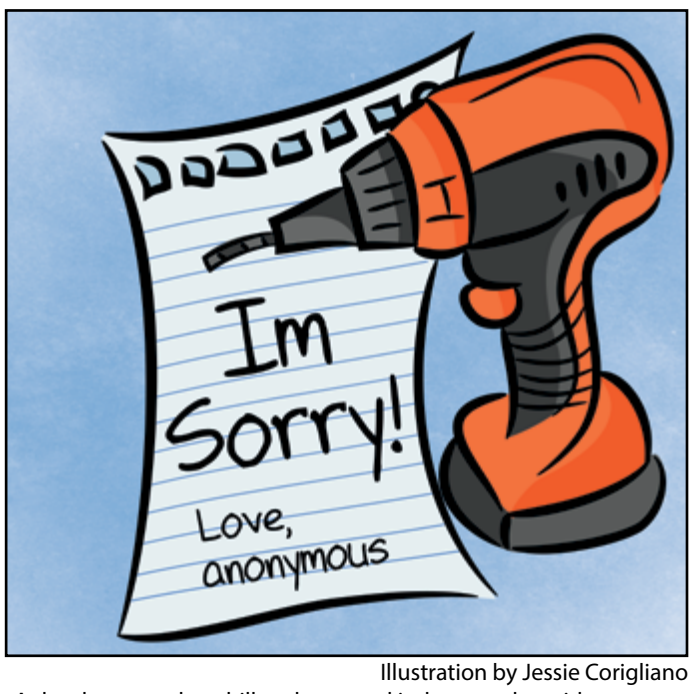

Illustration by Jessie Corigliano
A drunk man stole a drill and returned it the next day with a note.

Tip of the Week:

The drinking age is 21, and the marijuana law applies to 21-year-olds. You cannot have marijuana on campus. If you are caught, you will get arrested.

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Easterner Asks

"What are your thoughts on the government shutdown?"

"I feel that it's not right. I feel that the students should be getting paid for the work that they're doing. I think that it's unfortunate that they're not at this time."

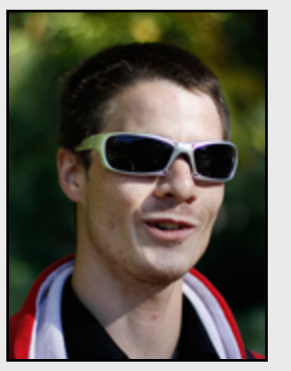
Chris Doty

"I'm sort of happy that it happened because it kind of means that we do have rules set up so that if we can't agree on something, we won't drift around aimlessly not being able to decide something."

Peter Martsin

"I actually just found out yesterday that the government was shut down. I'm completely ill-informed on the whole thing. ... More information would be great."

Jarren Long



"I think it's kind of ridiculous because lots of people are getting laid off … and they're still getting paid for wasting time and people's money for them to make a decision."

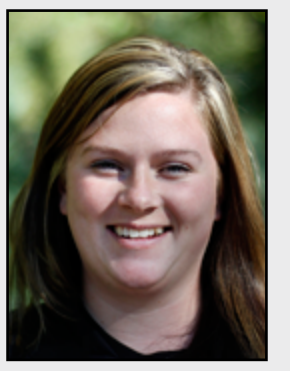
Mariah Arlantico

"I think it's an interesting power play by the Tea Party to dominate the direction government is going, but I do think they are a bit detached with reality with regards to public opinion, this is going to cause a lot of backlash."

Megan Schmal

"People don't get along with people, and since there's two different opinions on it in the government aspect, they're gonna sit and argue about it because one person wants it and the other person doesn't, and it kind of sucks for us."

Sara Sibley



New Affordable Care Act offers options for students

By Elsa Schmitz
OPINION EDITOR
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The Affordable Care Act, often referred to as "Obamacare," opens enrollment for its health insurance marketplace on Oct. 1, and will be fully enacted this coming January.

Schmitz

While this act will affect people from many different backgrounds, it is important for students to be aware of what exactly will be changing for them in terms of insurance options and benefits. Many reforms have already been enacted as far back as 2010.

On March 23, 2010, President Barack Obama signed the Affordable Care Act. The following year was full of changes, including the introduction of a new Patient's Bill of Rights. This bill mandated changes to coverage, costs and care for those who have insurance. Some of these changes include the ability for young adults to be covered under their parents' insurance until the age of 26, coverage for preventative care at no cost to the patient and requires insurance companies to publicly justify any premium increases.

In 2011 and 2012, the Affordable Care Act required that at least 85 percent of all premium dollars collected by insurance was spent on health care services and quality improvement, according to information obtained from the U.S. Department of Health and Human Services.

Perhaps the most important date that impacts college students across the nation is the opening of enrollment for the health insurance marketplace beginning on Oct. 1. This health insurance marketplace allows users to shop around for insurance coverage that most fits them. This impacts college students because while the Affordable Care Act now allows students to stay on their parents' insurance plans until the age of 26, there are now more options for more coverage based on student's situations. This variety of options of alternative affordable coverage is helpful, especially when a student might not have insurance through a parent.

There are many options ranging from low-income insurance options to catastrophic insurance plans. Many tools are available for users to determine which insurance fits them best, such as the need calculator located at healthcare.gov.

Students may have already seen the effects of the Affordable Healthcare Act on their lives. One of the most prominent effects is probably the ability for a student or young adult to stay on their parents' insurance until the age of 26. This is helpful, especially for full-time students who have no job for income, and for recent graduates who are in the process of finding a job.

Students at EWU will not see an immediate impact on their student health coverage from the Affordable Care Act, according to Rockwood Clinic's Eastern Washington University student health coordinator Carol Gahl. "The contract that we have with Eastern runs until August, so for the next couple of quarters everyone's going to have that benefit here." Gahl said.

"We'll have to see what happens after January, kind of nationally what's happening, whether or not the Affordable Care Act will recognize this plan as what's considered an essential health care." said Gahl.

"Hopefully we'll start getting more information after the first of the year, as more things start trickling in."

The Affordable Care Act will not affect student health coverage, but if students were to get their own insurance, or a new insurance from the marketplace, then the coverage of services not covered through student health would change.

Students should definitely take advantage of the benefits of the Affordable Care Act, as it allows them to afford and choose health care insurance that will allow them to take care of themselves. While student health covers many basic health needs, it would be beneficial for students to find affordable coverage for themselves in the case that something happens and they find themselves needing more expensive care.

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- We reserve the right not to publish letters; furthermore, all letters are subject to editing.
-Letters must be recived no later than monday at 10a.m. in order to be considered for publicaton the following Wednesday.
- If your letter is in response to specific article, please list the title and date of the article.

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We encourage the Campus community to submit letters and opinion pieces that conform to ther requirements listed above. Opinion articles and letters to the editor do not necessarilt reflect the views and opinions of The Easterner, its staff members or Eastern Washington University.

Photo Illustration by Laura Jones

Many college athletes across the United States protested in support of Ed O'Bannon by wearing "All Players Unite" on their jerseys on Sept. 21.

Student-athletes size up the NCAA

The NCAA no stranger to controversy, but recent events threaten reputation

By Amye Ellsworth
MANAGING EDITOR
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The NCAA has been under recent scrutiny for what some athletes and representatives are calling the "mistreatment" of student-athletes under their domain.

Under NCAA bylaw 12.5.2.1, student-athletes cannot obtain money for their likeness. This means that athletes cannot use their image to advertise themselves, promote products or otherwise gain financial compensation.

Recently, Texas A&M quarterback Johnny Manziel, nicknamed "Johnny Football," was accused of violating this bylaw when he allegedly sold a number of autographed photos and reportedly received a total of $10,000 for his endeavors.

The NCAA could not prove that Manziel was receiving money for his autographs, only that he was signing photographs of himself. As punishment for his violation, Manziel was suspended for the first half of his team's season-opener against the Rice University Owls.

During the third quarter of the game, Manziel made a money-counting gesture to his opponents and the crowd.

Manziel's dealings with the NCAA is not a new occurrence. During his time with the UCLA Bruins, Ed O'Bannon led his team to an NCAA championship in 1995. His number was retired at UCLA, and he was inducted into the UCLA athletics hall of fame in 2005.

Currently, O'Bannon is involved in a class action lawsuit with the NCAA that is set to go to trial in July 2014. O'Bannon is suing the NCAA for compensation over the use of his likeness in an Electronic Arts video game featuring his championship Bruins team.

On Sept. 26, Electronic Arts settled the case for an undisclosed amount of money. According to cbssports.com, this settlement will affect at least 100,000 athletes that have been used in Electronic Arts video games since 2003. The company has also stopped production on a 2014 football game featuring college athletes. The Electronic Arts settlement does not end O'Bannon's battle with the NCAA.

According to O'Bannon's argument, student-athletes should no longer be subject to NCAA bylaws upon graduation. The results of this trial has the potential to change the influence of the NCAA over student-athletes.

O'Bannon's actions sparked a more recent movement under the support of the National College Players Association. On the weekend of Sept. 21, college athletes could be seen wearing the letters "APU" on their jerseys, which stands for "All Players United."

The National College Players Association states their mission as follows: "To provide the means for college athletes to voice their concerns and change NCAA rules." The organization's mission and goals covers 13 items, including raising scholarships, establishing concrete safety guidelines and financially covering athletes in the event of a sports related injury.

According to senior offensive linemen Ashton Miller and Steven Forgette, the National College Players Association offers legitimate goals to improve the student athlete experience.

"As far as getting extra money or getting extra benefits, I don't really think that's something that needs to happen. But the other stuff they're fighting for are valid," Miller said.

Forgette added that Eastern is protected under many NCAA bylaws because it is a smaller school and many of the organization's restrictions keep larger schools from dominating the game. "Bigger schools have more money and more boosters, so it's really good to have those rules to regulate those circumstances," he said.

Miller and Forgette both agreed that the suspension of Manziel seemed like a "rush" punishment for the crime.

"That's where the debate lies — do a lot of these rules need to be as strict as they are?" said Forgette.

Men's basketball takes important step to improve

By Galen Rock
SPORTS EDITOR
easterner.sports@gmail.com

The men's basketball team started practice Oct. 1, beginning the road to March for a team that finished with a record of 10-21 (7-13 in the Big Sky) last year.

Entering their third season under head coach Jim Hayford, the Eagles will practice mornings starting Oct. 1 at 10 a.m. Eastern will have 30 practices between Oct. 1 and the team's season opener at home versus Pacific University on Nov. 10 at 2:05 p.m.

This begins a seven-game schedule in November, highlighted by a visit to the University of Washington on Nov. 17.

For EWU basketball fans, the idea of playing in March feels like a distant memory; 2004 was the last year the Eagles made it to the NCAA tournament. It was also the last time the team won the Big Sky regular season championship as well as the conference tournament.

In these nine years, EWU basketball has fallen on a bit of hard times, but in year three under the Jim Hayford regime, Eastern basketball is starting to find new life.

The resurrection, according to Hayford, has largely been in part to the quality and youth of the guys he has recruited and put out onto the floor.

"I'm excited about coaching great guys. It's neat when I can go to work each day and coach great guys who really care about academics and want to be the best they can be on the floor," said Hayford after practice on Oct. 3.

The team features four freshmen, five sophomores and four juniors. Uniquely, Hayford's team has zero seniors. This lack of experience can be seen in the number of close games the team lost last year. "When you look at a young team, last year, struggling through some of those games and winning 40 percent of the close games and losing 60 percent of the close games, the difference is gaining experience and toughness."

But Hayford also understands that putting young guys on the court will benefit the program in the coming years.

"The upside is we have sophomores and juniors who have a lot more playing experience than other sophomores and juniors in our league. Another benefit is when they become juniors and seniors, we have something really special." The coming of age hopefully will help a team that is in need of offense. EWU averaged a meager 69.2 points a game, good for 122 of 345 NCAA Division 1 programs. Most of that was largely due to a porous 3-point field goal average of 34.1 percent.

"We need to raise our shooting percentages, we play a fast pace. We do want to score even more. We had the number of possessions we wanted, we just have to shoot the ball better."

Hayford may be getting the possessions he wants, but there is definitely a lot of offense being left out on the court due to poor rebounding rate. EWU finished with a ranking of 309th in the country in rebound margin. "We have to improve as a team of rebounders."

EWU must improve in a lot of areas if they want to see their win total rise early in the season. With games at the University of Washington and University of Connecticut, as well as a tournament in Irvine, Calif. The Eagles will play Boston University, LIU Brooklyn and UC Irvine — teams which had a collective record of 58-43 (57 percent) a year ago, and were 34-18 (65 percent) in their respective leagues.

Hayford has faith, though, that this trip will be a learning experience for his guys, a chance to gain even more experience and even more toughness.

"I like to use the analogy of a vegetable growing. That seed is underground, growing, something good is coming. You can't see it but you know it's coming. I think we're at the stage where we're starting to bust through the soil. We're starting to mature and become fully developed."

Sports Bulletins

Oct. 3

Taking some time to warm up, the Eastern Washington women's volleyball team eventually found its rhythm, downing Southern Utah in four sets Oct. 3 in a Big Sky counter at Centrum Arena.

Oct. 4

Despite outshooting the visiting Portland State Vikings 15-10, the Eastern Washington women's soccer team fell 0-2 Oct. 4 at the Sports & Recreation Field.

Competing against some of the top teams in the country, the Eastern Washington University women's cross-country team finished 12th in their division while the men's team placed 27th at the Notre Dame Invitational Oct. 4 in South Bend, Ind.

Oct. 5

Sophomore quarterback Vernon Adams accounted for five touchdowns, Mario Brown rushed for 98 yards and the defense did the rest as the sixth-ranked Eastern Washington University football team romped past Weber State 41-19 on Hall of Fame Day at Roos Field in Cheney.

Going up against one of the hottest teams in the Big Sky, the Eastern Washington women's volleyball team fell in three sets to Northern Arizona, Oct. 5, in a league match at the J.C. Rolle Activity Center.

Oct. 6

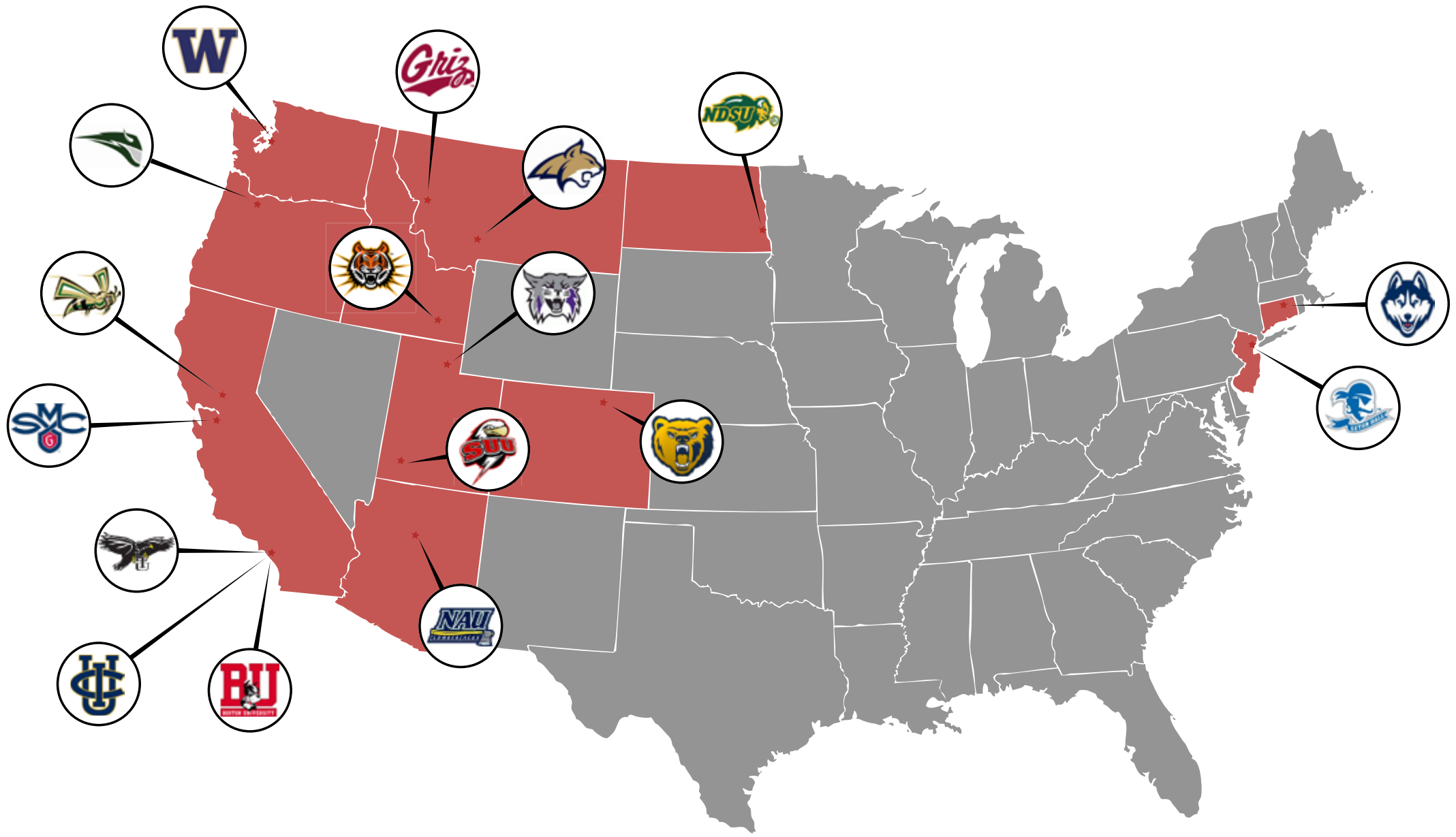
Junior Cassie Black is Eastern Washington's new all-time leading goal scorer. Black's record 18th goal came in the 97th minute of a riveting 2-1 Big Sky Conference win against Sacramento State

The Eastern Washington University track and field and cross-country programs will be hosting the EWU Terror Trot Oct. 26 in Cheney, The "haunted" 5K fun run/walk will begin at 9 a.m., starting at the corner of Elm and Washington Street and finishing on the Inferno at Roos Field.

EWU MEN'S BASKETBALL

TRAVEL SCHEDULE

Graphic by Vania Vaulela



NOV 10	vs Pacific
NOV 17	@U Of Wash
NOV 19	vs Walla Walla
NOV 22	@Boston U
NOV 23	@LIU
NOV 24	@UC Irvine
NOV 29	@Seattle U
DEC 8	@St. Mary's
DEC 15	@UC Irvine
DEC 22	@Seton Hall
DEC 28	@Connecticut
JAN 2	@Weber St
JAN 4	@Idaho St
JAN 9	vs U of Mont
JAN 11	vs Montana St
JAN 16	@N. Arizona
JAN 18	@Sac St
JAN 23	vs S. Utah
JAN 27	@Portland St
JAN 30	vs N. Dakota
FEB 1	vs N. Colorado
FEB 8	@U of Mont
FEB 13	@Sac St
FEB 15	vs N. Arizona
FEB 22	@S. Utah
FEB 24	vs Portland St
FEB 27	@N. Colorado
MAR 1	@N. Dakota
MAR 6	@Idaho St
MAR 8	vs Weber St

EWU men's basketball to recieve new interim assistant coach

By Ashlee Coffee
CONTRIBUTING WRITER
easterner.sports@gmail.com

The Eastern men's basketball program has a new addition to the coaching staff.

Alex Pribble has taken over the interim assistant coaching position after former Eastern coach Craig Ehlo stepped down in July 2013.

Pribble, who played at and graduated from University of California, Berkeley, has successful coaching experience which involves working with different levels of basketball players.

Pribble coached at Tamalpais High School in Mill Valley, Calif., from 2008-2011. He also coached at San Francisco State University for both the 2011 and 2012 seasons.

While coaching at San Francisco State University, the team got off to a somewhat slow start with a 9-19 record in 2011. During the second season Pribble spent with the team, the San Francisco Gators exploded on the basketball scene with a 16-12 record in 2012. The team also finished 13-9 in the California Collegiate Athletic Association, where they made it to the semifinals of the playoffs, and had the first ever playoff victory in the 2012 season against California State University, Los Angeles, with the final score ending at 57-47.

Pribble enjoys coaching, "I always knew I wanted to coach. I was a coach on the floor when I played. I like interacting with people. Coaching gives me an opportunity to teach more than basketball skills, it gives me an opportunity to teach life skills."

"I make sure I am very approachable to everyone, not just in basketball, but to the community as well. I am a passionate person. I have high expectations both on and off the court, " Pribble said.

Pribble chose Eastern Washington University to further his coaching experience for a variety of reasons.

"I chose Eastern for three reasons. The first reason is the coaching staff, they are building something special here. I believe in the game plan, as well as the strategy. I believe we are going to be successful. The second reason is the players, the guys are personable, work hard and are genuine. The third reason is the administration, athletic director Bill Chaves and the staff as a whole provide all the tools necessary for athletic success."

Pribble, like many others on the coaching staff within the program, has academics in his sights. "Individually for these guys, our goal is to make sure they are on track to graduate. We want them to get their degrees. That's very important. What they do in the classroom shows they are going to be successful in life at more than basketball."

He also noted that players are required to text coaching staff at the end of every day to let them know they attended classes.

Team goals include a Big Sky Championship. "We want to improve every day. We want to work towards a Big Sky Championship. Hanging a banner is something that should be on the minds of these guys," said Pribble.

With no seniors returning to the squad for the 2013-2014 schedule, the team is considered to be young in nature. However, practice is scheduled to start next week.

"Practice is starting earlier this season than in previous years. In the first week or two, expectations are going to be high. Players have been doing a lot of on-their-own work. They are self motivated."

Eastern men's basketball will start their season with a home game against Pacific University on Nov. 10 at Reese Court.

Weber:

Continued from front

Another player, like Adams, who was able to make the most of his opportunities, was junior running back Mario Brown.

Brown, who made his mark during the 2010 national championship run, broke out to the tune of 10 carries, 98 yards and a receiving touchdown. It was his third best rushing performance of his career. Brown broke off a career long 37 yard rush to also add to his record-breaking day.

Running backs Quincy Forte (7 for 51 yards), Demitrius Bronson (10 for 42 yards, one touchdown) and Jalen Moore (6 for 27 yards) also contributed to the rushing effort.

"The running back group is just a great group of guys. Every one of those players has played as a starter at some point, with the exception of maybe Jalen [Moore], but Jalen is showing that he can do good things. They are a tough group and they are competitive." said Baldwin. "The players have been handling things so well in practice. Today was one of those good games. I just feel so confident with whoever is in the ball game. They all bring different things to the table."

Next week the Eagles are back on the road to face North Dakota in the Alerus Center in Grand Fork, N.D., on Oct. 12. Weber State looks to end their losing streak against Cal Poly.

Photo by Laura Jones
Vernon Adams prepares to pass the ball.

Photo by Laura Jones
Swoop entertains the crowd by doing a handstand during the game.

Photo by Laura Jones
Mario Brown making a break though weber state defence.

Photo by Laura Jones
Vernon Adams breaks away from the Weber state defense with the ball.

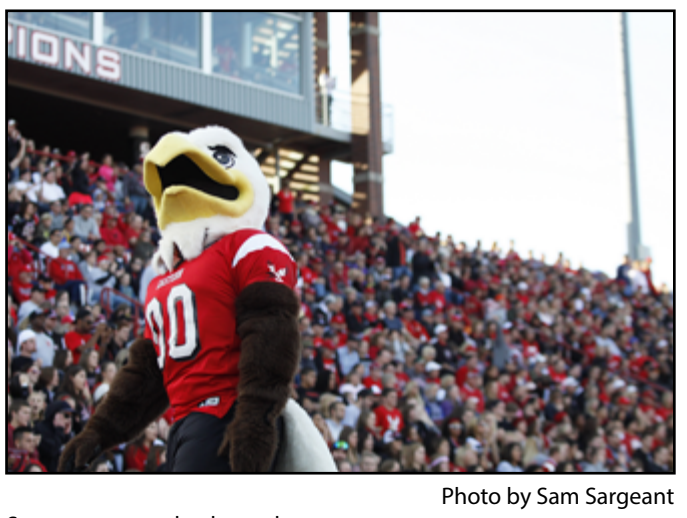


Photo by Sam Sargeant
Swoop turns to check out the game.

Photo by Laura Jones
A giant inflatable Eastern football helmet sat on the track during the game.

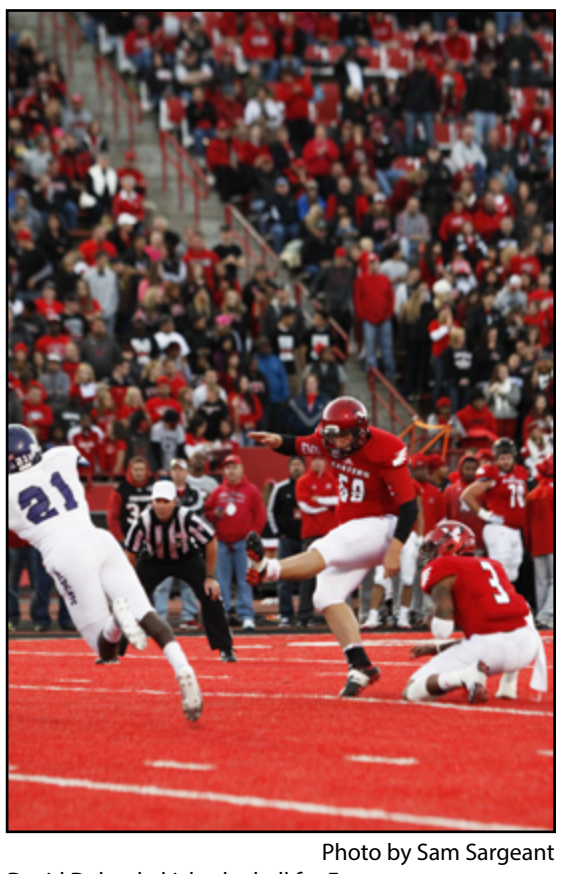


Photo by Sam Sargeant
David Delgado kicks the ball for Eastern.

Photo by Sam Sargeant
An Eastern fan yells in support for the Eastern football team.

Fall 2013 Football Schedule

*Conference event
#Live Stream event

Overall	Home	Away
3-2	2-0	1-2

August

31	at Oregon State	W, 49-46	Final Score

September

7	14	28
Western Oregon	at Toledo	at Sam Houston St
W, 43-14	L, 33-21	L, 49-34
Final Score	Final Score	Final Score

October

5	12	19	24
Weber St*	at North Dakota*	Southern Utah*	at Montana*
W, 41-19	12:30 p.m.	5:05 p.m.	12:40 p.m.
Final Score	SWX#	Homecoming	ROOT SPORTS#

November

2	9	16	23
at Idaho St*	Montana St*	at Cal Poly*	Portland St*
2:05 p.m.	12:10 p.m.	12:40 p.m.	2:45 p.m.
UNTELEVISED	ROOT SPORTS#	ROOT SPORTS#	ROOT SPORTS#